

STEP UP TO THE PLATE: SCORE 5 OR MORE A DAY!

June 3 – June 30



Join in The Fruit & Vegetable Challenge!

Step up to the plate and include at least five servings of fruits and vegetables each day. Putting produce first can reduce the risk of obesity, heart disease, some cancers, diabetes, and hypertension, while increasing energy. Fill half of your plate with a rainbow of colors from red, orange, yellow/white, green, and blue/violet to gather up a wide range of nutrients. The fruit and vegetable challenge will help you to score big by picking up the pace to positive health.

Want to participate?

- The goal is to eat and log at least two servings of fruit and three servings of vegetables a day during the challenge.
- Log at least four days a week, for four weeks. That's 5 servings a day for 16 days to complete the challenge.

Use the **Fruit and Veggie trackers** in the challenge or on the **Action Plan Page** to enter the fruits and vegetables you ate.

Sign up & join the fun!

Register from **Monday, May 27th** – **Monday, June 10th**

1. Log on to www.myinteractivehealth.com (Action Plan).
2. Scroll to the **My Challenge** section and click **Sign Up**.
3. Click **Join Challenge** to complete the sign-up process.

First time registrants use sponsor code **K6UV3**.

Key dates

Challenge start date:
Monday, June 3rd

Challenge end date:
Sunday, June 30th

Last day to sign up for the challenge:
Monday, June 10th

Last day to record your participation:
Sunday, June 30th

EARN REWARDS

Maximize your wellness program benefits. **Complete the challenge and earn 15 points.**

** Always consult a physician or other qualified health care professional before starting a diet and exercise program.*

Unable to participate in this challenge?

Review your Personal Action plan to see all of the ways that you can earn points towards your incentive. If it is medically inadvisable for you to participate and you are unable to achieve your incentive through other activities, you might qualify for an opportunity to earn points by an alternative course of action (that, if you wish, will be developed with your doctor). Please contact Interactive Health no later than 4 weeks prior to the end of the campaign at (800) 840-6100 or at rasrequest@interactivehealthinc.com to request a reasonable alternative standard to qualify for the incentive.